

City of Lawton Guidelines for Fitness Centers

Fitness Centers may reopen beginning May 1, 2020, if they adhere to CDC recommended social distancing and sanitation protocols and the additional guidance and requirements listed herein. As used in this document, the term Fitness Center includes all fitness and recreational sports centers, gyms, aerobic dance or exercise centers, gymnastics and martial arts training, swimming, tennis and racquetball facilities, ice/roller skating rinks and other similar facilities, as determined by the City Manager.

The State of Oklahoma's Employer Guidance for Oklahoma's Open Up and Recover Safely Plan for Fitness and Recreational Sports Centers scheduled to take effect on May 1, 2020, are hereby adopted, except as modified herein. It is expressly provided that in all cases of conflict between provisions of the City of Lawton and those provisions included in the Order of the Governor, as thereafter amended, the more safe/restrictive shall apply.

Please note that these are the minimum requirements at this time; Fitness Centers may implement other safety protocol and procedures to support these requirements. It should also be noted that all required safety measures and requirements must be in place at the time of opening. Whenever the wearing of a face covering is required by these guidelines, such requirement shall not apply to individuals with a documented medical condition that contraindicates such use.

Recommended Guidelines for Temperature Checks & Employer Policies

Fitness Centers shall use a touchless infrared thermometer to check the temperature of employees and volunteers each day. Employees and/or volunteers with a temperature above 100.4°F shall be sent home until they have no fever and no evidence of COVID-19 symptoms. Fitness Centers should consider supportive policies and practices for allowing employees and volunteers older than 65 years or in other vulnerable populations to stay at home.

Protect Your Vulnerable Customers

Persons 65 years and older and all those with medical conditions that place them in the "high risk" category should continue to maintain the "Shelter at Home" CDC/State/City guidelines, as per the Governor's Emergency Order. However, if members of this COVID-19 vulnerable population must use a Fitness Center for health reasons, they should strongly consider using the facility at a special time designated for that group and wearing face coverings at all times.

Sanitation & Disinfecting Guidelines

1. Use alcohol-based disinfectants that are appropriate to use in Fitness Centers and place sanitizing stations, including disinfectant spray, paper towels and hand sanitizer in the gym for patrons to use.
2. Prior to opening, fitness and recreational sports centers shall disinfect the entire facility and all equipment.
3. Surfaces such as doorknobs, counters, and other items that are high-touch should be regularly cleaned and sanitized.
4. Clean and disinfect bathrooms and locker rooms regularly, particularly high-touch surfaces, and ensure they have handwashing supplies.

5. Ensure that access to handwashing/hand sanitizing facilities and supplies are available for employees and customers and place alcohol-based hand sanitizer in the facility for patrons to use.
6. Employees must use proper handwashing, observe respiratory etiquette, and avoid using other employees' phones, desks, offices, or other work tools or equipment.
7. Community use equipment such as rackets, lockers, hand weights, basketballs, etc. must be cleaned and sanitized before and after each use.
8. Require patrons or have staff available to disinfect all exercise equipment before and after each use.
 - a. Larger facilities may consider designating employees to specific rooms or areas to ensure equipment is disinfected promptly after usage.
 - b. Employees disinfecting equipment should wear gloves.
9. Provide face masks for employees that regularly interact with the public.
10. Encourage customers to avoid touching other customers' items such as rackets or other recreational equipment.
11. Encourage customers to bring their own personal equipment such as yoga mats, towels, rackets, etc.
12. Close all water fountains and refillable water stations for use during Phase I and encourage patrons to bring their own water.

Maintain Social Distancing At All Times

1. Require patrons that are exhibiting symptoms of fever or sickness to postpone activities in the fitness center for the health and safety of the community.
2. To the extent possible, require all customers and employees to maintain six feet of social distancing.
3. Provide a "sneeze guard" at the front desk and any other point of transaction between patrons and staff.
4. Some elements of fitness training may require personal trainers, coaches and participants to be closer than six feet in order to maintain physical safety during the exercise. Facility managers should strongly recommend face coverings for coaches and trainers during these instances. Coaches and participants that do not want to participate should not be required to participate.
5. Minimize face-to-face employee and customer interaction. Implement online or other contactless measures to take reservations and payments, or other purchases.
6. Display posters and signs throughout facility to frequently remind customer to take steps to prevent the spread of COVID-19. These messages may include information about:
 - a. Staying home if you are sick or do not feel well, and what to do if you're sick or feel ill.
 - b. The use of face coverings and covering coughs and sneezes with a tissue, then throwing the tissue in the trash.
 - c. Social distancing requirements.
 - d. Washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
 - e. Using hand sanitizer that contains at least 60% alcohol if soap and water are not available.
 - f. Avoiding touching eyes, nose, and mouth with unwashed hands.
7. Postpone or cancel events, such as tournaments that encourage people to congregate.
8. Limit the number of participants in group fitness classes to maintain the required six feet social distancing.
9. To the extent possible, Fitness Centers should arrange exercise equipment to ensure customers maintain six feet of social distancing while using the equipment. Requiring customers to maintain an empty piece of equipment between them and the next person may be necessary.

Community Leadership

The community is looking to you for leadership! It is therefore important that all staff, personal trainers, and exercise instructors provide this leadership by maintaining a minimum six-foot social distancing at all times. Face covering should be worn whenever practical. With your help we can safely and successfully navigate Phase I of the Open Safe and Recover Safely Plan and look forward to Phase II.